



carrot juice to the rescue again.



Chaz

 **cvillette**

<https://cvillette.livejournal.com/>

2007-10-10 15:44:00

MOOD: ☺ contemplative

MUSIC: Ministry - Every Day is Halloween

Do I have any idea what in this list is supposed to be alcoholic?

([https://www.livejournal.com/away?](https://www.livejournal.com/away?to=http%3A//www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2007%26Month%3D9%26Day%3D10)

[to=http%3A//www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2007%26Month%3D9%26Day%3D10](https://www.livejournal.com/away?to=http%3A//www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2007%26Month%3D9%26Day%3D10))

I so do not.

The soy milk was actually a sugarfree soy chai. The TVP was actually tofu dogs, but tofu dogs do not appear to be a FitDay option. Oatmeal cookies turn out to be a pretty effective oatmeal and carbohydrate delivery system....

I was going to be under, because of skating, but fortunately I made too much pasta. And I'm getting so I can tell by the way the inside of my mouth feels if I've had enough fat, or too much. Is that weird? Are normal people supposed to be able to do that? I sort of wish it wasn't Not Done to walk up to a baseline and ask, "Say, can you rough-estimate the fat content of common foods by mouthfeel? Or is that just us freaks?"

Did you know that Every Day Is Halloween

([https://www.livejournal.com/away?](https://www.livejournal.com/away?to=http%3A//www.youtube.com/watch%3Fv%3Dc7O04jRtMyc)

[to=http%3A//www.youtube.com/watch%3Fv%3Dc7O04jRtMyc](https://www.livejournal.com/away?to=http%3A//www.youtube.com/watch%3Fv%3Dc7O04jRtMyc)).



[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning house, putting

Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't handle it well. So yeah, I'm

Poppets. Puppets. Poppet puppets.
Scary.

11 comments



 **Ometotchli**

[October 10 2007, 20:25:09 UTC](#) [COLLAPSE](#)

OMG, J. Edgar followed that link and had a panic attack IN HIS GRAVE. Hah!



 **cvillette**

[October 10 2007, 20:28:38 UTC](#) [COLLAPSE](#)

You can still get fired just for picturing him in purple, you know.

Charlie with the Starbucks logo, though. Burned into my memory.




 [Ometotchtli](#)

[October 11 2007, 01:13:58 UTC](#) [COLLAPSE](#)

You can still get fired just for picturing him in purple, you know.

With his complexion? Sweetie, of *course*.



 [trollcatz](#)

[October 11 2007, 01:14:56 UTC](#) [COLLAPSE](#)

Re picturing: Ow. Committed thought crime. Ow.



 [cvillette](#)

[October 11 2007, 01:18:54 UTC](#) [COLLAPSE](#)

don't think of a white elephant.

 [inaurolillium](#)

[January 9 2008, 10:44:28 UTC](#) [COLLAPSE](#)

I know this is a months-old entry, but I stumbled across you via a few writers' LJs, and liked your food writing. And I wanted to let you know that yes, someone who is familiar enough with food can give a rough estimate of fat content by mouthfeel. I probably don't have as good of an idea as you do, but only because I never count fat grams.

I'm a professional cook (and will hopefully someday be a chef), and I have an interest in food allergies and metabolic disorders. Do you mind if I ask what disorder you have exactly?



 [cvillette](#)

[January 9 2008, 12:46:27 UTC](#) [COLLAPSE](#)

Oh, hi. It's always nice to meet a fellow food junkie! Now I'm going to be completely self-conscious about my food science, because I am a totally self-taught, self-aggrandizing amateur. Am I too embarrassingly wrong?

I know other people can pick up on comparative richness. It's kind of reassuring to know that everybody can learn to do the fat content thing, and not just ooo, high fat content, want more! nom nom nom!

I guess it would be adaptive, wouldn't it?

re: the freaky metabolism? "Gates Syndrome." And good luck finding it on the internets, except in rude references to the Microsoft guy. I think there's like two of us in the world. Essentially, it boils down to eating like a fiend to keep ahead of a metabolic demand that makes a cystic fibrosis patient look like a picky diner.

It's another failure-to-thrive illness, and vanishingly rare.

 [inaurolillium](#)


[January 9 2008, 19:44:09 UTC](#) [COLLAPSE](#)

Nope, you're doing fine! Alton Brown is a great place to start (that's how I got started, and on the rare occasions when he's made mistakes, he's actually made shows in which he corrected himself). If you feel like moving on from there, Harold McGee's mammoth *On Food and Cooking* is a terrific book. He's also got a blog [here](#), although these days it's mostly just notices about his latest NYT column. Herve These's books are now in print in English, too, *Molecular Gastronomy* and *Kitchen Mysteries*, which are not as in-depth about any one subject as *On Food and Cooking*, but make much more convenient airplane reading (since I note that you travel a lot).


I'm mostly self-educated, too. I'm about to finish my culinary degree, but the school is, for me, irritatingly light on actual science of food. To get that, I'd probably have to get two or three totally different degrees, and I'd rather read books than take any more classes when there's cooking I could be doing.

I don't know that absolutely anybody is capable of learning to evaluate fat content baste of mouthfeel, but it's certainly not a freakish thing to do. Just as not everyone can see as many colors or hear as many microtones as those with the most sensitive sight and hearing, not everyone has sensitive enough nerves in their mouths (tactile as well as gustatory) to distinguish fine differences. But yeah, the reason most people can't do it is a lack of attention paid. For me, it's useful in estimating how much fat to put into a dish I'm making without a recipe. It's interesting that you developed it for a totally different reason.


Gates Syndrome, eh? Well, at least if I ever do run into someone else with it, I'll have some vague idea of what it is. ;)

 [cvillette](#)
January 9 2008, 19:47:47 UTC [COLLAPSE](#)

Oh, thanks for the book recs. Those will be _useful._

 [inaulollium](#)
January 9 2008, 19:51:33 UTC [COLLAPSE](#)

You bet. And if there's ever anything specific you're looking for, and want help, drop me a line.

 [cvillette](#)
January 9 2008, 19:56:47 UTC [COLLAPSE](#)

Oh ho ho. You may come to regret that offer....

[\[locked\] Dream Journal](#)

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